

ABSTRACT

A unique athletic shoe sole that is constructed of two more separate pieces designed to release when a predetermined longitudinally directed force is applied. A releasable athletic shoe
5 sole includes a detachable lower sole; a mechanical release mechanism constructed to release when a predetermined force is applied; and a longitudinal guiding element. The longitudinal guiding element allows the lower sole to detach specifically in a longitudinal direction. The longitudinal direction of release prevents knee ligament injuries, particularly ACL injuries.

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